

The Guide To Getting It On

Globalisation, technology and an increasingly competitive business environment have encouraged huge changes in what is known as supply chain management, the art of sourcing components and delivering finished goods to the customer as cost effectively and efficiently as possible. Dell transformed the way people bought and were able to customise computers. Wal-Mart and Tesco have used their huge buying power and logistical skills to ensure the supply and stock management of their stores is finely honed. Manufacturers now make sure that components are where they are needed on the production line just in time for when they are needed and no longer. Such finessing of the way the supply chain works boosts the corporate bottom line and can make the difference between being a market leader or an also ran. This guide explores all the different aspects of supply chain management and gives hundreds of real life examples of what firms have achieved in the field.

AARP Digital Editions offer you practical tips, proven solutions, and expert guidance. In *Still Procrastinating?*, Joseph Ferrari will help you find out why you put things off and learn how to conquer procrastination for good. Do you ever say to yourself "What if I make a bad decision?," "What if I fail?," or "I'm better under pressure"? There are all sorts of reasons people procrastinate. What are yours? This book draws on scientific research on procrastination conducted over more than twenty years by the author and his

colleagues, to help you learn what stops you from getting things done so that you can find the solutions that will really work. Contrary to conventional wisdom, chronic procrastination is not about poor time management, but about self-sabotaging tendencies that can prevent you from reaching your full potential. This book gives you the knowledge and tools you need to understand and overcome these tendencies so you can start achieving your goals--not next week, next month, or next year, but today! Exposes the hidden causes of procrastination, including fear of failure, fear of success, and thrill-seeking Identifies types of procrastinators and helps determine which type describes you Shares surprising information on how factors such as technology and the time of day affect procrastination Examines specific issues related to putting things off in school and at work Shares more than twenty years of research on the causes and consequences of chronic procrastination Written by a psychologist who is an international expert on the subject of procrastination Are you still procrastinating? This take-charge guide will help you stop making excuses and start transforming your life--right now.

This guide gives new and experienced authors tips, advice and practical step-by-step instructions for writing book proposals and query letters, pitching ideas to agents and editors and writing outlines and sample chapters.

Bust out of that mommy rut and get into the groove! When a mother finally emerges from the mommy mole tunnel of pregnancy, breastfeeding, potty-training and

preschool, she comes to the inevitable realization: The road to maternity is a one-way street. No U-turns allowed. You've survived the battles of baby- and toddler-hood, playdates and temper tantrums to time-outs. And just when it seems your former life is within reach—taking up neglected jobs and hobbies, committing to a fitness program, rediscovering the boyfriend living in the body of your husband—you crash headfirst into the wall of reality. The kids may be able to fasten their own seatbelts and pour their own cereal, but the homework, tucking in, car pools, and birthday parties have just begun. Let Vicki Iovine, author of *The Girlfriends' Guides*, show you how to navigate the twists and turns of family life—and find time for your kids, your spouse, your home, your work, and yourself. You're not alone in this "mommy adolescence." In *The Girlfriends' Guide to Getting Your Groove Back*, Iovine provides her trademark sage, witty advice on: - How to focus at work when things at home are in chaos—and vice versa - Making time for yourself—and not the PTA - Getting over the romantic myth of "date nights" and weekends away from the kids - Homework help—your transformation into a human flashcard - The dinnertime crush and how to relieve frozen pizza fatigue Iovine puts the perils of perpetual parenthood into perspective. You'll feel like you do after a long chat with a good friend—relaxed, refreshed, and ready to reclaim your life ...

A stimulating exploration of wandering, being lost, and the uses of the unknown from the author of *Orwell's Roses Written* as a series of autobiographical essays, *A Field Guide to Getting Lost* draws on emblematic

moments and relationships in Rebecca Solnit's life to explore issues of uncertainty, trust, loss, memory, desire, and place. Solnit is interested in the stories we use to navigate our way through the world, and the places we traverse, from wilderness to cities, in finding ourselves, or losing ourselves. While deeply personal, her own stories link up to larger stories, from captivity narratives of early Americans to the use of the color blue in Renaissance painting, not to mention encounters with tortoises, monks, punk rockers, mountains, deserts, and the movie *Vertigo*. The result is a distinctive, stimulating voyage of discovery.

Since 2001 William Germano's *Getting It Published* has helped thousands of scholars develop a compelling book proposal, find the right academic publisher, evaluate a contract, handle the review process, and, finally, emerge as published authors. But a lot has changed in the past seven years. With the publishing world both more competitive and mor...

Just graduated? Feeling a little lost? *Life After College* is like a portable life coach, giving you straightforward guidance on maneuvering the real world--along with tips, inspiration, and exercises for getting you where you want to go. Congrats, you've graduated! You have your whole life ahead of you. Do you feel overwhelmed? Unsure? Deluged with information, but no real plan? Jenny Blake's *Life After College* gives you practical, actionable advice, helping you to navigate every area of your life--from work, money, dating, health, family, and personal growth--to help you see the big picture. It will get you focusing on your goals, dreams, and highest

aspirations so that you can create the life you really want. Now in a repackaged edition!

The Way to a Perpetually Organized Lifestyle There are many valid approaches to creating neat and tidy spaces, but these approaches tend to fail over time because they suggest that we dispose of our stuff, and most of us love our stuff! Marla Stone's fresh and friendly approach, based on her work as both a professional organizer and a former psychotherapist, goes beyond tidying up to offer the Clutter Remedy strategy that will create spaces you love and keep you perpetually organized. Marla walks you through a process of getting to know yourself and your values and then visualizing your ideal lifestyle and optimal surroundings. From that perspective, you'll learn step by step (and room by room) how to create your ideal lifestyle and organize your space to support it.

Scientists today working on controversial issues from climate change to drought to COVID-19 are finding themselves more often in the middle of deeply traumatizing or polarized conflicts they feel unprepared to referee. It is no longer enough for scientists to communicate a scientific topic clearly. They must now be experts not only in their fields of study, but also in navigating the thoughts, feelings, and opinions of members of the public they engage with, and with each other. And the conversations are growing more fraught. In *Getting to the Heart of Science Communication*, Faith Kearns has penned a succinct guide for navigating the human relationships critical to the success of practice-based science. This meticulously researched volume takes science communication to the next level, helping scientists to see the value of listening as well as talking, understanding power dynamics in relationships, and addressing the roles of

trauma, loss, grief, and healing.

NATIONAL BESTSELLER • Considering a trip to a quaint English village? You'll think twice after learning about the countless murderous possibilities lurking behind the bucolic façades, thanks to this illustrated guide from #1 bestselling author Maureen Johnson and illustrator Jay Cooper—perfect for fans of cozy mysteries. A weekend roaming narrow old lanes, touring the faded glories of a country manor, and quaffing pints in the pub. How charming. That is, unless you have the misfortune of finding yourself in an English Murder Village, where danger lurks around each picturesque cobblestone corner and every sip of tea may be your last. If you insist on your travels, do yourself a favor and bring a copy of this little book. It may just keep you alive. Brought to life with dozens of Gorey-esque drawings by illustrator Jay Cooper and peppered with allusions to classic crime series and unmistakably British murder lore, *Your Guide to Not Getting Murdered in a Quaint English Village* gives you the tools you need to avoid the same fate, should you find yourself in a suspiciously cozy English village (or simply dream of going). Good luck! And whatever you do, avoid the vicar.

Above The Game: A Guide to Getting Awesome with Women is the most concise and powerful handbook for men looking to get better with women. Made famous by the Kickstarter campaign that caused over 60,000 people to petition to have it removed and never published, this book is influential and a true game-changer. Hoinsky introduces the concept of "sexual communication" as a replacement for consent as it is commonly understood. Hoinsky took his criticism to heart and has written a true gem that should be mandatory reading for all men and women looking to better understand gender relations. Be above the game.

Presents publishing information for the budding writer,

including tips on preparing a manuscript for submission, advice from editors, and addresses of publications and contests to which manuscripts may be sent.

A marriage therapist and pastoral counselor explains that most of the feelings of receiving inadequate love come from unresolved childhood conflicts and describes how adults can learn to flourish as loving and loved people, in a new edition of the best-selling handbook. Reprint. 50,000 first printing.

If you want to go up the ladder of success, if you want to get what you want, if you want to fulfill that "burning desire" that keeps your mind busy all the time and you do not do something about it, if you want to do "that thing" that you wanted to do some day but you never got a chance to do so, you must take your hands out of your pockets, roll up your sleeves, and take action now. You cannot sit still and expect the elevator of success to come down and take you to the peak. It has not happened to anyone. It will not happen to you either, guaranteed! Over the past several years I have helped many people like you to take their hands out of their pockets and climb their ladder of success. I have spent quality time with them, listened to them, felt their pain, assisted them in taking the right path, and made sure they came out of the process successful and fulfilled. I want to help you too. If you are committed to YOUR success and want to get what you truly want, this book is an excellent start. Are you ready for the journey?

A guide for women with confidence and attitude provides tips on climbing the corporate ladder, dressing for success in careers and relationships, meeting men, and finding happiness.

Do you procrastinate? And if so, what's your procrastination type? In this fun and illustrated guide, author Jennifer Shannon blends acceptance and commitment therapy (ACT) and cognitive behavioral strategies to help you recognize

your procrastination habits, discover the strengths of your unique procrastination type, and find the motivation you need to meet important deadlines and reach your highest goals. In the midst of modern-day distractions like smartphones, social media, and endless hours of movie and television streaming, it's no wonder you procrastinate! But despite what you may have heard, procrastination doesn't make you a bad or lazy person. In fact, procrastination may even work for you sometimes—creating a sense of urgency that can help you focus. But if procrastination doesn't work for you, it can get in the way of meeting your full potential—in high school, college, your career, and life. So, how can you get things done and be your very best? In *A Teen's Guide to Getting Stuff Done*, you'll discover your procrastination type—warrior, pleaser, perfectionist, or rebel—as well as the unique strengths inherent in each type. If you're a warrior, you love a good challenge, but may not be able to complete tasks you find uninteresting. If you're a pleaser, you may be so concerned about disappointing others that you postpone doing something. If you're a perfectionist, you may put things off because you're worried about your work being judged by teachers, parents, or peers. And finally, if you're a rebel, you're driven by a strong sense of independence. By understanding your type and using the practical strategies laid out in each chapter of this book, you'll be able to break the cycle of procrastination once and for all. This isn't a manual on how to please your parents, teachers, professors, or friends. This is a book to help you understand why you procrastinate, whether or not procrastination works for you, and if not, how to improve your work habits and really get things done. By helping you uncover your own unique strengths, this book will help you master your to-do list—and your life!

Get that arts grant and be more independent! In this book,

artists and arts groups will find all they need to know to support themselves through grants and special projects. This expert guide, written by an insider who has been on both the grant-making and the grant-writing side of the arts, shows readers how to assess their personal strengths and set goals to pursue their dreams. Hands-on examples and how-to exercises are provided for every situation: from creating artists' statements, to writing letters, fellowship applications, and arts-organization applications, to being ready for that all-important site visit. Online resources, tips on portfolio and personal prep, and information about the inner workings of boards and how to handle the yes, the no, and the maybe make this the complete guide to getting that arts grant. • More than 66,000 foundations give grants—this book helps artists get them • Unique exercises from an insider, plus upbeat, positive approach • Focuses on personal preparation for applying for and getting a grant Allworth Press, an imprint of Skyhorse Publishing, publishes a broad range of books on the visual and performing arts, with emphasis on the business of art. Our titles cover subjects such as graphic design, theater, branding, fine art, photography, interior design, writing, acting, film, how to start careers, business and legal forms, business practices, and more. While we don't aspire to publish a New York Times bestseller or a national bestseller, we are deeply committed to quality books that help creative professionals succeed and thrive. We often publish in areas overlooked by other publishers and welcome the author whose expertise can help our audience of readers.

As women in the workplace, we are told anything is possible--if a woman hasn't done it yet, then we can be the first. But in reality, there are still unwritten rules that make it possible to see the next step but never reach it. Sometimes we become so numb to our problems that we accept them as unchangeable--we get stuck. What if you could change your

life, starting with your career? *Getting Unstuck: A Guide to Moving Your Career Forward* tells the story of how one woman found the time and energy to overcome the battle for advancement in corporate America. Meredith Moore Crosby, who supported the most diverse senior leadership team in the history of the McDonald's Corporation, shares unwritten rules and the advice of her mentors to evolve your dream job into your dream life, taking control of your time and designing a set of values to lead you onward. Her book offers a vision for aligning your purpose with partnerships to move your career forward. It's not about succeeding or failing--not trying is the only real risk. Let Meredith take you on a journey to getting unstuck.

What would you love. Love what you eat. No labels. No fuss. It's not about what you call yourself--it's about how you feel. Whether you're going vegan, vegetarian, fish-only, chicken-only, or all veggies except grandma's famous pigs-in-a-blanket, this book is your new best friend. Eating less meat can boost your energy, help you lose weight, and it's better for the environment. If you're looking to cut down on meat or cut it out completely, here you'll find awesome advice and the answers you need to make it work for you. Get the Scoop On:

- Daily meal ideas and easy recipes even your non-veggie friends will want to try
- How to convince your family this isn't just a fad or a phase
- Finding good food when you're away from home: veggie-friendly restaurants, colleges, and travel spots
- Getting enough iron, protein, and other vital nutrients to be healthy (because being vegetarian does NOT mean a diet of ice cream and pasta)
- Sneaky meaty things that can end up in food that seems perfectly safe for vegetarians

A complete author's toolkit: The guide that demystifies every step of the publishing process. No matter what type of book you want to write—fiction, nonfiction, humor, sci-fi, romance, cookbook, children's book—here is how to take an idea you're

passionate about, develop it into a manuscript or proposal, get it published, and deliver it into the hands and hearts of readers. Includes interviews with dozens of publishing insiders—agents, editors, bestselling authors, and booksellers. Real-life success stories and the lessons they impart. Plus sample proposals and query letters, a resource guide, and more. Updated to cover ebooks, self-publishing, digital marketing, the power of social media, and more. This complete author's toolkit includes information on:- locating, luring, and landing an agent - perfecting your pitch - the nuts and bolts of a book proposal - conquering the query letter - finding the right publisher for YOU - four steps to reaching readers online - making Amazon work for you - kickstarting your Kickstarter campaign - the ins and outs of ebooks - 10 things you should have on your author website - turning rejection into a book deal - new frontiers in self-publishing

If you. . . Spend too much time saying yes when you want to say no Do things you don't want to do just to please your friends Feel like a total pushover . . .then you need this book! If you feel like a doormat, you don't have to take it anymore!

The Smart Girl's Guide to Getting Even gives you the 411 on how to stop being a pushover and start being fabulous: The Are You a Pushover? Quiz: A smart assessment to get you started The Three Levels of Revenge: The Subtle Approach, the Not-So-Subtle Approach, and the You're Going to Hell Approach Gifts That Keep On Giving: Great "gift" ideas for the pesky people in your life Smart Girl Tricks of the Trade: Tips for getting even by getting over The Smart Girl Commandments: Advice every woman knows for keeping her sanity at work, in love, and everywhere else From awful office experiences to backstabbing BFF's to first dates from hell, this hip little handbook will show you how to come out on top and have a damn good time doing it. Because anyone can get even, but it takes a smart girl to get it right! Alison Grambs

is a graduate of Haverford College and has written several children's joke books as well as comedy material for the Friars Club in New York. Her acting credits include Annie, Chicago City Limits and a bunch of commercials no one ever saw. She lives in Manhattan with her husband, a member of the N.Y.P.D., and annoys her parents on a regular basis. You can live easy-hard or hard-easy. This law will inevitably play itself out, so why not stop sabotaging your goals and relationships and use it to your advantage? This book will help you thoroughly understand what's getting in the way of making the changes you want and how to apply this law when faced with tough decisions.

“The queer teen historical you didn’t know was missing from your life.” — Teen Vogue, on *The Gentleman’s Guide to Vice and Virtue* In this funny and frothy novella that picks up where the New York Times bestselling *The Gentleman’s Guide to Vice and Virtue* leaves off, freshly minted couple Monty and Percy fumble through their first time together. Monty’s epic grand tour may be over, but now that he and Percy are finally a couple, he realizes there is something more nerve-wracking than being chased across Europe: getting together with the person you love. Will the romantic allure of Santorini make his first time with Percy magical, or will all the anticipation and build-up completely spoil the mood?

A popular entrepreneur explains that true happiness comes not from wealth but from inner contentment and shares personal stories of his own rise to success and how he never failed to remain grounded during the process. By the author of the New York Times best-seller *Do You!* Reprint.

The author shares anecdotes, advice, and cringe-inducing jokes based on her own experiences of being an insecure misfit, and counsels readers on fitness, grooming, and pursuing healthy goals.

Comforting and intimate, this “girlfriend” guide to getting pregnant gets to the heart of all the emotional issues around having children—biological pressure, in-law pressures, greater social pressures—to support women who are considering getting pregnant. Trying to get pregnant is enough to make any woman impatient. *The Impatient Woman’s Guide to Getting Pregnant* is a complete guide to the medical, psychological, social, and sexual aspects of getting pregnant, told in a funny, compassionate way, like talking to a good friend who’s been through it all. And in fact, Dr. Jean Twenge has been through it all—the mother of three young children, she started researching fertility when trying to conceive for the first time. A renowned sociologist and professor at San Diego State University, Dr. Twenge brought her research background to the huge amount of information—sometimes contradictory, frequently alarmist, and often discouraging—that she encountered online, from family and friends, and in books, and decided to go into the latest studies to find out the real story. The good news is: There is a lot less to worry about than you’ve been led to believe. Dr. Twenge gets to the heart of the emotional issues around getting pregnant, including how to prepare mentally and physically when thinking about conceiving; how to talk about it with family, friends, and your partner; and how to handle the great sadness of a miscarriage. Also covered is

how to know when you're ovulating, when to have sex, timing your pregnancy, maximizing your chances of getting pregnant, how to tilt the odds toward having a boy or a girl, and the best prenatal diet. Trying to conceive often involves an enormous amount of emotion, from anxiety and disappointment to hope and joy. With comfort, humor, and straightforward advice, *The Impatient Woman's Guide to Getting Pregnant* is the bedside companion to help you through it.

Covers many aspects of adult human sexuality, with a brief historical and educational overview of the body and detailed descriptions of various techniques, acts, and fantasies.

Your guide to making it as a real-life grownup! Like a lot of people, author Mary Traina spent her early twenties making a mess out of her life--until she realized it was time to toss the red Solo cups and finally grow up. In *The Twentysomething Guide to Getting It Together*, she teaches you how to bust out of your rut with practical advice for kicking your bad habits, taking action toward your goals, and moving on to the next stage of your life as an adult. From answering tough relationship questions to advancing your career, she'll tackle all your biggest issues as well as give you a step-by-step plan for getting through your twenties in one piece. Through Traina's signature humor, research, and real-world tips, this groundbreaking guide shows you how to: Date a real

man. Escape entry-level hell. Stop binge-drinking and overeating. Emerge from a mountain of debt. Cut those toxic friends of convenience. With the same hip pop-culture references and endless wit that landed her a regular column on Zooey Deschanel's website, Mary Traina makes getting life together fun, easy, and--gasp--the cool thing to do!

Not everything is about you (but this book is). Still figuring it all out? Cool, so are we. *Feel It Out* is a guide to celebrating where you are now, even if heartbreaks, career setbacks, growing pains, and preconceptions about where you should be by now are getting in your way. Think of this as a coming-of-age book for adults, a self-love pep talk that will teach you how to get to the core of who you are and find out what you truly want, to cultivate a hot and heavy relationship with YOU, first and foremost. This approachable and empowering book offers everything you need to cut through the noise, feel your feelings, treat yourself well, and get yourself right, so you can get out there and live your best and most exciting life.

Every songwriter and music publisher wants their music placed in a film, a TV show, a commercial, or other visual media. This guide provides the important steps to making this happen.

"A comprehensive and fun-to-read guidebook for people of all sexual identities and experience levels, *Getting It* covers all the bases of hook-up culture

from first moves and sex etiquette to navigating nonmonogamy and sexual health"--

In his foreword, His Holiness, The Dalai Lama says: "This practical manual will inspire everyone who is as concerned with helping others as with their own personal improvement." *We're All Doing Time* is an interfaith text - "a guide to getting free" - acclaimed by prison staff and prisoners alike as one of the most helpful books ever written for true self-improvement and rehabilitation. Few books have crossed religious, ethnic, cultural and economic lines with such a clear and simple, immediately useful expression of ageless spiritual truths. It is written for incarcerated people, prison guards and all people living within their own personal prisons. All proceeds support the Prison-Ashram Project, which sends these books free to prisoners for 40 years now.

A colossal cheat sheet for your post-college years, answering all the needs of the modern woman—from mastering money to placating overly anxious parents, from social media etiquette to the pleasure and pain of dating (and why it's not a cliché to love yourself first). A perfect combination of tried-and-true advice and been-there tips, it's a one-stop resource that includes how to clean up your digital reputation, info on finding an apartment you can afford and actually want to live in, and why you should exercise the delicate art of defriending. Plus the fundamentals, from health (mental and physical) to spirituality to ethics to fashion, all delivered in Melissa Kirsch's fresh, personal, funny voice—as if your best friend were giving you the best and smartest advice in the world.

Rachel Friedman has always been the consummate good girl who does well in school and plays it safe, so the college grad surprises no one more than herself when, on a whim (and in an effort to escape impending life decisions), she buys a ticket to Ireland, a place she has never visited. There she forms an unlikely bond with a free-spirited Australian girl, a born adventurer who spurs Rachel on to a yearlong odyssey that takes her to three continents, fills her life with newfound friends, and gives birth to a previously unrealized passion for adventure. As her journey takes her to Australia and South America, Rachel discovers and embraces her love of travel and unlocks more truths about herself than she ever realized she was seeking. Along the way, the erstwhile good girl finally learns to do something she's never done before: simply live for the moment.

“A cozy and enjoyable read.” —Kirkus Reviews “The likable cast and relatable premise will resonate with readers grappling with the uncertainty of change.” —Booklist A girl with a passion for science and a boy who dreams of writing fantasy novels must figure out how to get along now that their parents are dating in this lively, endearing novel. Sutton is having robot problems. Her mini-bot is supposed to be able to get through a maze in under a minute, but she must have gotten something wrong in the coding. Which is frustrating for a science-minded girl like Sutton—almost as frustrating as the fact that her mother probably won't be home in time for Sutton's tenth birthday. Luis spends his days writing thrilling stories about brave kids, but there's only so much inspiration you can find when you're stuck inside all day. He's allergic to bees, afraid of dogs, and has an overprotective mom to boot. So Luis can only dream of daring adventures in the wild. Sutton and Luis couldn't be more different from each other. Except now that their parents are dating, these two have to find some common ground. Will they be able to navigate their

way down a path they never planned on exploring?

These days fact-checking can seem like a lost art. The Fact Checker's Bible arrives not a moment too soon: it is the first—and essential—guide to the important but increasingly neglected task of checking facts, whatever their source. We are all overwhelmed with information that claims to be factual, but even the most punctilious researcher, writer, and journalist can sometimes get it wrong, so checking facts has become a more pressing task. Now Sarah Harrison Smith, former New Yorker fact checker and currently head of checking for The New York Times Magazine explains exactly how to:

- *Reading for accuracy
- *Determine what to check
- *Research the facts
- *Assess sources: people, newspapers and magazines, books, the Internet, etc.
- *Check quotations
- *Understand the legal liabilities
- *Look out for and avoid the dangers of plagiarism

For everyone from students to journalists to editors, the methods and practices outlined in The Fact Checker's Bible provide both a standard and a working manual for how to get the facts right.

For those starting out in their careers—and those who wish to advance more quickly—this is a delightfully fussy guide to the hidden rules of the road in the workplace and in life. As bestselling author and social historian Charles Murray explains, at senior levels of an organization there are curmudgeons everywhere, judging your every move. Yet it is their good opinion you need to win if you hope to get ahead. Among the curmudgeon's day-to-day tips for the workplace:

- Excise the word “like” from your spoken English
- Don't suck up
- Stop “reaching out” and “sharing”
- Rid yourself of piercings, tattoos, and weird hair colors
- Make strong language count

His larger career advice includes:

- What to do if you have a bad boss
- Coming to grips with the difference between being nice and being good
- How to write when you don't know what to say
- Being judgmental (it's

good, and you don't have a choice anyway) And on the great topics of life, the curmudgeon urges us to leave home no matter what, get real jobs (not internships), put ourselves in scary situations, and watch Groundhog Day repeatedly (he'll explain). Witty, wise, and pulling no punches, *The Curmudgeon's Guide to Getting Ahead* is an indispensable sourcebook for living an adult life.

A fully revised and updated edition of the category leader. Includes two new chapters and 5 new illustrations.

This hands-on guide from Mel Robbins, one of America's top relationship experts and radio/tv personalities, addresses why over 100 million Americans secretly feel frustrated and bored with their lives and reveals what you can do about it. Mel Robbins has spent her career teaching people how to push past their self-imposed limits to get what they truly desire. She has an in-depth understanding of the psychological and social factors that repeatedly hold you back, and more important, a unique set of tools for getting you where you want to be. In *Stop Saying You're Fine*, she draws on neuroscientific research, interviews with countless everyday people, and ideas she's tested in her own life to show what works and what doesn't. The key, she explains, is understanding how your own brain works against you. Because evolution has biased your mental gears against taking action, what you need are techniques to outsmart yourself. That may sound impossible, but Mel has created a remarkably effective method to help you do just that--and some of her discoveries will astonish you. By ignoring how you feel and seizing small moments of rich possibility--a process she calls "leaning in"--you can make tiny course directions add up to huge change. Among this book's other topics: how everything can depend on not hitting the "snooze" button; the science of connecting with other people, what children can teach us about getting things done; and

why five seconds is the maximum time you should wait before acting on a great idea. Blending warmth, humor and unflinching honesty with up-to-the-minute science and hard-earned wisdom, *Stop Saying You're Fine* moves beyond the platitudes and easy fixes offered in many self-help books. Mel's insights will actually help vault you to a better life, ensuring that the next time someone asks how you're doing, you can truthfully answer, "Absolutely great."

With distance learning, teens are having to manage their time and attention now more than ever. Procrastination is especially tough for young adults. Getting started is overwhelming, it's hard to get motivated, not knowing how long things take messes up planning, and distractions are everywhere. We are all wired to put things off, but we can learn tools and techniques to kick this habit. This book is a user-friendly guide to help teens get their tasks done. Simple, straightforward, and with a touch of humor, it's packed with practical solutions and easily digestible tips to stay on top of homework, develop a sense of time, manage digital distractions, create easy-to-follow routines, and get unstuck. In her breezy, witty style, internationally recognized academic and parenting coach Leslie Josel opens the door to a student's view of procrastination, dives deep into what that really looks like, and offers up her Triple Ts—tips, tools and techniques—to teach students how to get stuff done...now. "Hey Guys! This book is the easiest and fastest way for you to learn how to help yourself. If your parents are constantly on you about school stuff, how you manage your time or things like that you'll definitely want to use this book." — Ryan Wexelblatt, LCSW (ADHD Dude) "Listen up, parents! This is the book that will get teens nodding their heads—and actually using the strategies and tips as they transform their study time! Teens and college students alike will feel totally empowered as they tackle their toughest obstacles:

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procrastination, distraction, organization, and all the rest. With real-life examples and a super-readable format, students will gain the practical help they need to power through their studies and do their best work." Amy McCreedy, author of The "Me, Me, Me" Epidemic: A Step-by-Step Guide to Raising Capable, Grateful Kids in an Over-Entitled World
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